

M.Sc. (CFT) 1st Year/
PGDCFT

**Master of Science in Counselling and Family Therapy
M.Sc. (CFT) 1st Year**

&

**Post Graduate Diploma in Counselling and Family Therapy
(PGDCFT)**

Assignment Booklet

ASSIGNMENTS 1-5

July 2015

(These assignments relate to Courses MCFT-001, 002, 003, 004 and 005)



**SCHOOL OF CONTINUING EDUCATION
Academic Block-G, Zakir Hussain Bhawan,
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110068**

Master of Science in Counselling and Family Therapy
M.Sc. (CFT) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)
ASSIGNMENTS: 2015 - 16

Dear Learner,

You have to do five assignments in all to qualify for the first year of M.Sc. (CFT) / PGDCFT. For each theory course, you will have to do one assignment. All the assignments are tutor marked (that is, evaluated by the Academic Counsellor) and each Tutor Marked Assignment (TMA) carries 100 marks. In this assignment booklet there are five assignments and the course-wise distribution of assignments is as follows:

Assignment 1 (TMA-1): based on MCFT-001 (Units 1-17)

Assignment 2 (TMA-2): based on MCFT-002 (Units 1-19)

Assignment 3 (TMA-3): based on MCFT-003 (Units 1-18)

Assignment 4 (TMA-4): based on MCFT-004 (Units 1-18)

Assignment 5 (TMA-5): based on MCFT-005 (Units 1-22)

INSTRUCTIONS

Before attempting the assignments please read the following instructions carefully:

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right hand corner of the first page of your response sheet.
- 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the left hand corner of the first page of your response sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet should look like this:

Enrolment No
Name
Address
Signature
Date.....
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.
- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent, and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize.
- 5) Use only foolscap size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
- 6) ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
- 7) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 8) Write each assignment separately. All the assignments should not be written in continuity. For each Course use separate sheets or start on the next sheet.
- 9) Write the question number with each answer.
- 10) The completed assignment should be sent to the Coordinator / Programme Incharge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.
- 11) After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme Incharge on the prescribed assignment remittance-cum-acknowledgement card.
- 12) In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
- 13) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the Coordinator / Programme Incharge of your study centre for correction and transmission of correct score to the Regional Centre and headquarters.

A Note of Caution

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for evaluation. Please do not send them to us. These exercises are given to help you in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide.

Before submitting your assignment response, please make sure you have taken care of the following points:

- Your roll number, name and address have been written correctly.
- The title of the course and assignment number have been written clearly.
- Each assignment on each course has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

Now read the guidelines before answering questions.

GUIDELINES FOR TMA

The Tutor Marked Assignments (TMAs) in this booklet have two parts:

Section A: Descriptive Questions (60 marks)

In this section, you have to answer ten questions (of 6 marks each). Answer each question in about 250-300 words.

Section B: Short Answer/Objective Type Questions (40 marks)

This section contains various types of short answer type and objective type questions.

Make sure that your answer:

- a) is logical and coherent.
- b) has clear connections between sentences and paragraphs.
- c) is written correctly giving adequate consideration to your expression, style and presentation.
- d) does not exceed the number of words indicated in the question.

LAST DATE OF SUBMISSION

For the students who have taken admission in the programme of study in 2015 (i.e., for the academic session commencing in July 2015), the last date of submission is indicated on each assignment.

These dates are also applicable to old students who wish to take the examination in June 2016. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2015, the last date of submission of all assignments contained in this booklet is 15.9.2015.

Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination; if the same is earlier than that stated in this assignment booklet.

ASSIGNMENT 1
TMA-1
Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2015-16

Last Date of Submission: 30th November, 2015

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(6×10= 60 marks)

1. Describe Indian view on Human Development. (6)
2. Define development. Delineate various characteristics of development. (6)
3. Discuss limitations and applications of Psychoanalytic Theory. (6)
4. Describe various traditional forms of family in India. (6)
5. With examples, describe the influence of media and technology on family dynamics. (6)
6. In brief, describe the various family life cycle stages. (6)
7. Briefly discuss, with examples, transitioning to the next stage of family life cycle. (6)
8. Discuss the challenges faced by parents of teenagers. (6)
9. Describe developmental tasks in the middle adulthood years. (6)
10. Discuss important issues faced during old age. (6)

Section B - Short Answer/Objective Type Questions

(40 Marks)

1. Write short-notes (in about 50 words each) on:

(3×10= 30 marks)

- i) Normative period
- ii) X-linked genetic inheritance
- iii) The period of zygote
- iv) Complications during child birth
- v) Sensorimotor stage

- vi) Short term memory
- vii) Punishment
- viii) Self-control therapy
- ix) Incongruity
- x) Attachment theory

2. Fill in the Blanks:

(1×10 = 10 marks)

- i) Extended..... relationships are important to develop self concept and a sense of belonging in children.
- ii),, and are examples of speech errors.
- iii) is harassment and maltreatment by age mates.
- iv)children find it very difficult to refrain from talking, moving and disturbing others around them.
- v) is the first ejaculation.
- vi) is a process that culminates in sexual maturity.
- vii) The process of exhaustion caused by excessive and unrelieved stress is called.....
- viii) are the persons who share years across generations.

ASSIGNMENT 2
TMA-2
Mental Health and Disorders

Course Code: MCFT-002
Assignment Code: MCFT-002/TMA-2/ASST-2/2015-16
Last Date for Submission: 30th November, 2015

Maximum Marks: 100

- Note:-** (i) Answer all the questions in both sections.
(ii) Answers to questions of Section 'A' should not exceed **300 words** each.

Section A - Descriptive Questions

(6×10=60 marks)

1. Define mental disorder and nosology. Why is there a need for nosology? (6)
2. Discuss dimensions of positive mental health. (6)
3. Discuss impact of stress on physical and mental health. (6)
4. With the example of any chronic physical illness, explain its impact on the mental health of the person. (6)
5. Briefly explain the non-pharmacological therapies for dementia. (6)
6. What are signs and symptoms of manic episode? (6)
7. Classify schizophrenia and other psychotic disorders. (6)
8. Describe psychoeducation of a neurotic disorder patient. (6)
9. Discuss the causation factors for suicide. (6)
10. Describe the role of community members in education of children with disabilities. (6)

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Definition of locomotor disability
 - ii) Psychosocial rehabilitation
 - iii) Cognitive characteristics of mental retardation

- iv) Mixed hearing loss
- v) Antisocial personality disorder
- vi) Dysthymia
- vii) Obsessions
- viii) Cyclothymia
- ix) Bad prognostic factors for relapse of schizophrenia.
- x) Sexual dysfunction

2. Fill in the blanks: (1×5=5 marks)

- i) Health is a state of complete , and well being and not merely the absence of disease or infirmity.
- ii) The good type of stress that provides stimulation to work is called
- iii) Loss of sleep is known as

3. State the full form of the following Abbreviations: (1×5= 5 marks)

- i) PSE:
- ii) BDI:
- iii) NMHP:
- iv) F33:
- v) F24:

ASSIGNMENT 3
TMA-3
Counselling and Family Therapy: Basic Concepts and
Theoretical Perspectives

Course Code: MCFT-003
Assignment Code: MCFT-003/TMA-3/ ASST-3/2015-16
Last date for submission: 15th January, 2016
Maximum Marks: 100

Note : (i) Answer all the questions in both sections.
(ii) Answers to questions of Section 'A' should not exceed 300 words each.

Section A - Descriptive Questions

(6×10=60 marks)

1. What are the key factors for success in counselling? (6)
2. Discuss the methods used for assessment in family therapy. (6)
3. Describe a case study that needs family therapy because of relationship difficulties. (6)
4. Discuss in brief the factors that influence career decisions. (6)
5. Differentiate between long-term psychodynamic psychotherapy and short term psychodynamic psychotherapy. (6)
6. What are the goals of person - centered counselling? (6)
7. Explain the meaning of the term 'Group Counselling'. (6)
8. Discuss the factors related to efficacy of structural family therapy. (6)
9. What are the interviewing skills used in systemic family therapy? (6)
10. Briefly explain crisis intervention. (6)

Section B - Short Answer/Objective Type Questions

(40 marks)

- 1. Write short notes (in about 50 words each) on :** (3×10=30 marks)
- i) Characteristics of counsellor in supportive counselling
 - ii) Family psychoeducation
 - iii) Types of social skills
 - iv) Exception questions in solution focused family therapy
 - v) Circularity

- vi) Neutrality
- vii) Behavioural interventions
- viii) Special socio-cultural issues in family therapy
- ix) Cognitive therapy by Aaron Beck
- x) Characteristics for group leadership

2. Fill in the blanks:

(1×10=10 marks)

- i) Unconditional positive regard is also called.....
- ii) system refers to a system with more rigid boundaries that can not be easily crossed.
- iii) Emotional reduces anxiety in the system.
- iv) is a process in which two family members lower the tension level between them by drawing a third person.
- v) A tendency for individuals to relate external events to themselves is called.....
- vi) is the process of letting the client know that the counsellor truly hears and understands.
- vii)is the father of person-centered counselling.
- viii) anxiety is a result of change or desire to become what we are capable of.
- ix) Units within a family are called.....
- x) Any set of interrelated parts that is structured on feedback is called.....

ASSIGNMENT 4
TMA-4
Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004
Assignment Code: MCFT-004/TMA-4/ASST-4/2015-16
Last Date of Submission: 15th January, 2016
Maximum Marks: 100

*Note: (i) Answer all the questions in both sections.
(ii) Answers to questions of Section "A" should not exceed 300 words each.*

Section A - Descriptive Questions

(6×10=60 marks)

1. Discuss the issues and concerns for beginning counsellors. (6)
2. Describe some Do's to remember while counselling. (6)
3. Discuss the role of self of the therapist according to Bowen's Theory. (6)
4. Delineate the ethical principles involved in counselling and family therapy. (6)
5. Explain play therapy. (6)
6. What is the importance of communication skills? (6)
7. What is mediation? Explain the use of mediation in Indian history. (6)
8. What is reflection? Describe various types of reflection. (6)
9. Discuss the principles of selecting intervention strategies. (6)
10. Describe goals of therapy during middle phase. (6)

Section B - Short Answer/Objective Type Questions

(40 Marks)

1. **Write short notes (in about 50 words each) on:** (3×10=30 marks)
 - i) Steps of termination
 - ii) SFSR
 - iii) Record keeping
 - iv) Leading techniques
 - v) Difficulties in reflecting
 - vi) Progressive Relaxation Training
 - vii) Imagery
 - viii) Situations requiring counselling interventions
 - ix) Non-helpful verbal behaviour
 - x) Counsellor induced silence

2. Define the following in 1-2 sentences each:

(1×10=10 marks)

- i) Clarification
- ii) Rejection
- iii) Pre-litigation counselling
- iv) Life skills
- v) Resilience
- vi) Informed consent
- vii) Fidelity
- viii) Cognitive reflection
- ix) Reassurance
- x) Hypnosis

ASSIGNMENT 5
TMA - 5

Counselling and Family Therapy: Research Methods and Statistics

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2015-16

Last Date of Submission: 15th January, 2016

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A

(6×10=60 marks)

1. Explain the importance of research in counselling and family therapy. (6)
2. Describe characteristics of a good research. (6)
3. Explain critical paradigm in counselling and family therapy research. (6)
4. What is scientific method? Explain. (6)
5. What are the sources for selecting a research problem? (6)
6. Define qualitative research. Give reasons for conducting qualitative research. (6)
7. What is experimental method? Discuss advantages and disadvantages of experimental method. (6)
8. Describe the basic principles of psychological testing. (6)
9. Explain various methods to describe data through graphs. (6)
10. What are the steps involved in literature search? (6)

Section-B : Short Answer/Objective Type Questions

(40 Marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Evaluating problem solving research reports.
 - ii) Footnotes
 - iii) Significance of research report in counselling and family therapy
 - iv) Types of codes
 - v) Normal Curve
 - vi) Master chart
 - vii) Characteristics of scales
 - viii) Advantages of Interview method
 - ix) Documents
 - x) Norms

2. Differentiate between the following:

(2×5=10 marks)

- i) Ongoing analysis versus analysis at the end
- ii) Mean and median
- iii) T-test and F-test
- iv) Abstract and introduction chapters
- v) Participant and non-participant observation.